PLANT FACT SHEET

Trigonella gladiata Steven ex M. Bieb

GENUS *Trigonella* **FAMILY** Fabaceae

COMMON NAMES Shield fenugreek

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves are used for flavouring.

DESCRIPTION

A herb that grows each year from seed. The leaves have 3 leaflets with teeth along the edge. The flowers are white.

HABITAT

It is a temperate plant.

REFERENCES

Sabbah, A., et al, 2024, Women's Knowledge of Local Plants and Their Gastronomic Heritage in Chitral, NW Pakistan. Plants 2024, 13, 2747

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3bd5d452-e98b-40ad-9584-67bd96fbfd1d